

1. A cap comprising;

a cloth cap body;

a sunshade cover removably and rotatably connected to said cap body by means for connecting, characterized in that the sunshade cover has a cooling material, and the cooling materials is a water-absorbing material as a fiber obtained by processing a polymer that contains the sodium salt of polyacrylic acid as a major component;

the connecting means has a male piece and a female piece respectively on the cap body and the sunshade cover, wherein the male piece has a projection portion rotatably and removably attached to a recess of the female portion such that when the shading cover is rotated in the stored position inside the cap body, one of a front and rear surface of the cover is flush with the head, and when the cover is rotated out of the cap body, the back part of the wearer's head and nape is cooled.

2. A cap according to claim 1 wherein the connecting means is a stopper pin as the axle thereof so as to removably and pivotably connect the sunshade cover to the cap body such that when the shading cover is rotated in the stored position inside the cap body, one of a front and rear surface of the cover is flush with the head, and when the cover is rotated out of the cap body, the back part of the wearer's head and nape is cooled.

3. A cap comprising;

a cloth cap body;

a sunshade cover removably and rotatably connected to said cap body by means for connecting, characterized in that the sunshade cover has a cooling material, and the cooling materials is a water-absorbing material as a fiber obtained by processing a

polymer that contains the sodium salt of polyacrylic acid as a major component; and

the connecting means has a both-sided hook and a loop respectively on the cap body and the sunshade cover such that when the shading cover is rotated in the stored position inside the cap body, one of a front and rear surface of the cover is flush with the head, and when the cover is rotated out of the cap body, the back part of the wearer's head and nape is cooled.

7. A cap according to any claim 1 or 3, wherein the cap body is formed in a headband with elasticity.